



Louisville's Fitness Parks

Your Guide to Louisville's
Best Parks for Exercise



City of Parks



**METRO
Parks**
www.metro-parks.org



Join The Mayor's Healthy Hometown Movement!

In just four short years, The Mayor's Healthy Hometown Movement is changing the way we think and plan for physical activity and healthier eating in this community. Under the leadership of Mayor Jerry Abramson, Healthy Hometown has brought thousands of Louisvillians

together to develop ideas and events designed to enhance the way we live by letting us focus on our need to get up, get out and get active, and reminding us of the need to eat better to fuel our new and healthier lifestyles.

We're Hiking & Biking!

Healthy Hometown has attracted nearly 5,000 people to Louisville's Waterfront Park two times a year, Memorial Day and Labor Day, to participate in The Mayor's Healthy Hometown Hike & Bike, a great family opportunity to learn how to bike in an urban environment and be reminded of bike safety tips.

We're Reaching Out!

Healthy Hometown has awarded more than \$250,000 in mini-grants to neighborhood, school and civic organizations to help in the development of grassroots programs that provide access and break down barriers to participating in fitness and nutritional activities.

We're Making A Difference!

Through our worksite wellness initiatives, our informative website – louisvilleky.gov/health/mhbm – and the enthusiasm of our partners, Louisville is continuing to make great strides toward becoming one of the healthiest cities in America.

You Can Be Part of It!

Louisville's Metro Parks provide an easy and convenient way to actively participate in the Healthy Hometown. From our Mayor's Miles, which make it easy to track your progress, to the availability of our golf cart paths for early morning walkers, our parks serve as the biggest (and obviously most economical) fitness club in the city!

We also offer planned recreational activities to promote teamwork and camaraderie. Metro Parks is a critical piece of our community's commitment to health and wellness and an incredible resource for anyone who wants to join The Mayor's Healthy Hometown Movement!



Dear Louisville Metro Citizens:

With our Healthy Hometown Movement well in high gear, it's even more important for you to discover the value of our Metro Parks system. With 124 parks covering nearly 13,000 acres, your Metro Parks are Louisville's largest health club, and most of what they have to offer is available at no cost! And, with my City of Parks initiative that's adding new parks, improving existing ones, and building a paved 100-mile Louisville Loop path, there will be even more recreational opportunities available to you in the near future.






























While all of our parks are great places to burn a few calories, this brochure features ten parks that offer a great combination of recreational opportunities to help you achieve your personal health goals.

Metro Parks can serve your fitness needs throughout the year. Our community centers offer exercise equipment and fitness classes, and the indoor Mary T. Meagher Aquatic Center offers a modern pool and fitness center year-round. Visit metro-parks.org or check the Blue Pages to find a facility near you.

Through our Healthy Hometown Movement, I'm working with business and civic leaders to find ways to fight our area's alarming rates of obesity and inactivity, in order to create a healthier community. I urge you to join the cause and get fit in your Metro Parks!

Jerry E. Abramson, Mayor

Key to Map Symbols

| | | | |
|---|---------------------|---|----------------------------|
|  | Amphitheater |  | Parking Area |
|  | Ballfield |  | Paved Path |
|  | Basketball Court |  | Picnic Area |
|  | Bike Walking Path |  | Playground |
|  | Boat Ramp |  | Restroom |
|  | Building |  | Scenic Vista |
|  | Bus Route |  | Shelter Lodge |
|  | Cross Country |  | Multi-Purpose Sports Field |
|  | Disk Golf Course |  | Splash Park |
|  | Dog Run |  | Street Road |
|  | Fishing Area |  | Tennis Court |
|  | Golf Course |  | Treeline |
|  | Hiking |  | Unpaved Trail |
|  | Park Boundary |  | Walking |
| | |  | Water Feature |

1.0

The exercise paths in this book are marked with mileage figures to help you track your progress, as part of the **Mayor's Healthy Hometown Movement**. For more information, visit louisvilleky.gov/health/mhbm.



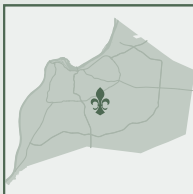
Several Metro Parks are now home to the **Mayor's Miles**; those parks are listed on the last page of this booklet. Look for green dots along the exercise paths in these parks. 10 dots equal one Mayor's Mile!

The lefthand graphic at the bottom of a page will tell you which TARC bus lines serve the park on that page. Go to ridetarc.org for more information.

The one on the right will show you where in Louisville Metro that park is located.



01
02
03



Iroquois Park

2120 Rundill Road
40214



Iroquois Park was planned by Frederick Law Olmsted as a "scenic reservation" of forested hillsides and breathtaking vistas.

The park features the Iroquois Amphitheater, a renovated 2,500 seat open-air arena originally built by the WPA in the 1930s. Visit iroquoisamphitheater.com for more information.



04
06



Cherokee Park

745 Cochran Hill Road
40206

Seneca Park

3151 Pee Wee Reese Road
40207



One of the original parks designed by Frederick Law Olmsted, Cherokee Park provides a pastoral setting amid rolling hills, open meadows and woodlands of the Beargrass Creek valley.

The park features the 2.4-mile Scenic Loop, serving both recreational users and vehicles, and the restored Baringer Spring and Baringer Hill.

Mountain biking trails are available in this park.

This popular park, established in 1928, offers a wide variety of recreational opportunities, including an 18-hole golf course, fitness and biking paths, tennis courts, softball fields and more.



23



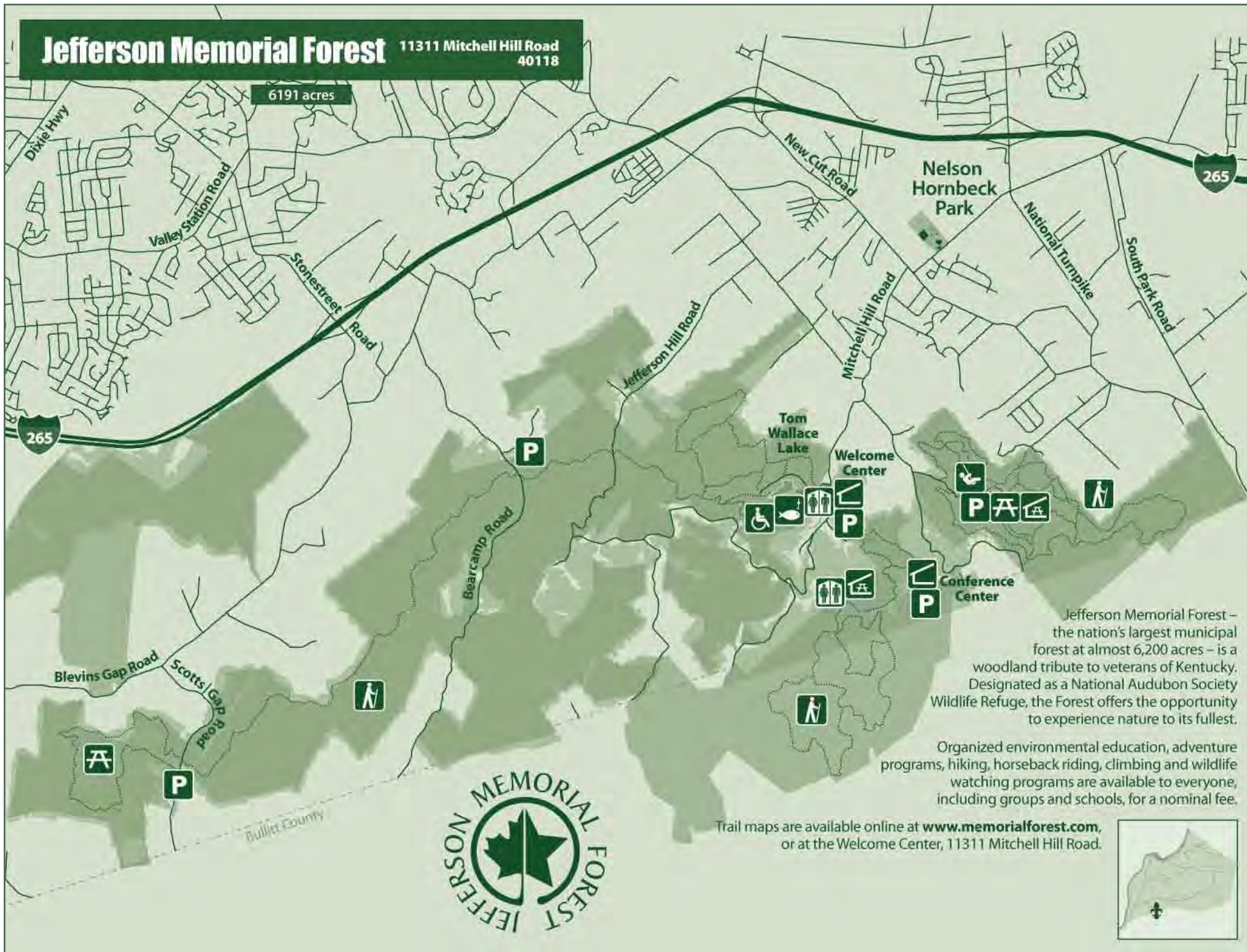
21
23



Jefferson Memorial Forest

11311 Mitchell Hill Road
40118

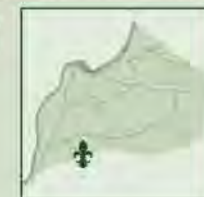
6191 acres



Jefferson Memorial Forest – the nation's largest municipal forest at almost 6,200 acres – is a woodland tribute to veterans of Kentucky. Designated as a National Audubon Society Wildlife Refuge, the Forest offers the opportunity to experience nature to its fullest.

Organized environmental education, adventure programs, hiking, horseback riding, climbing and wildlife watching programs are available to everyone, including groups and schools, for a nominal fee.

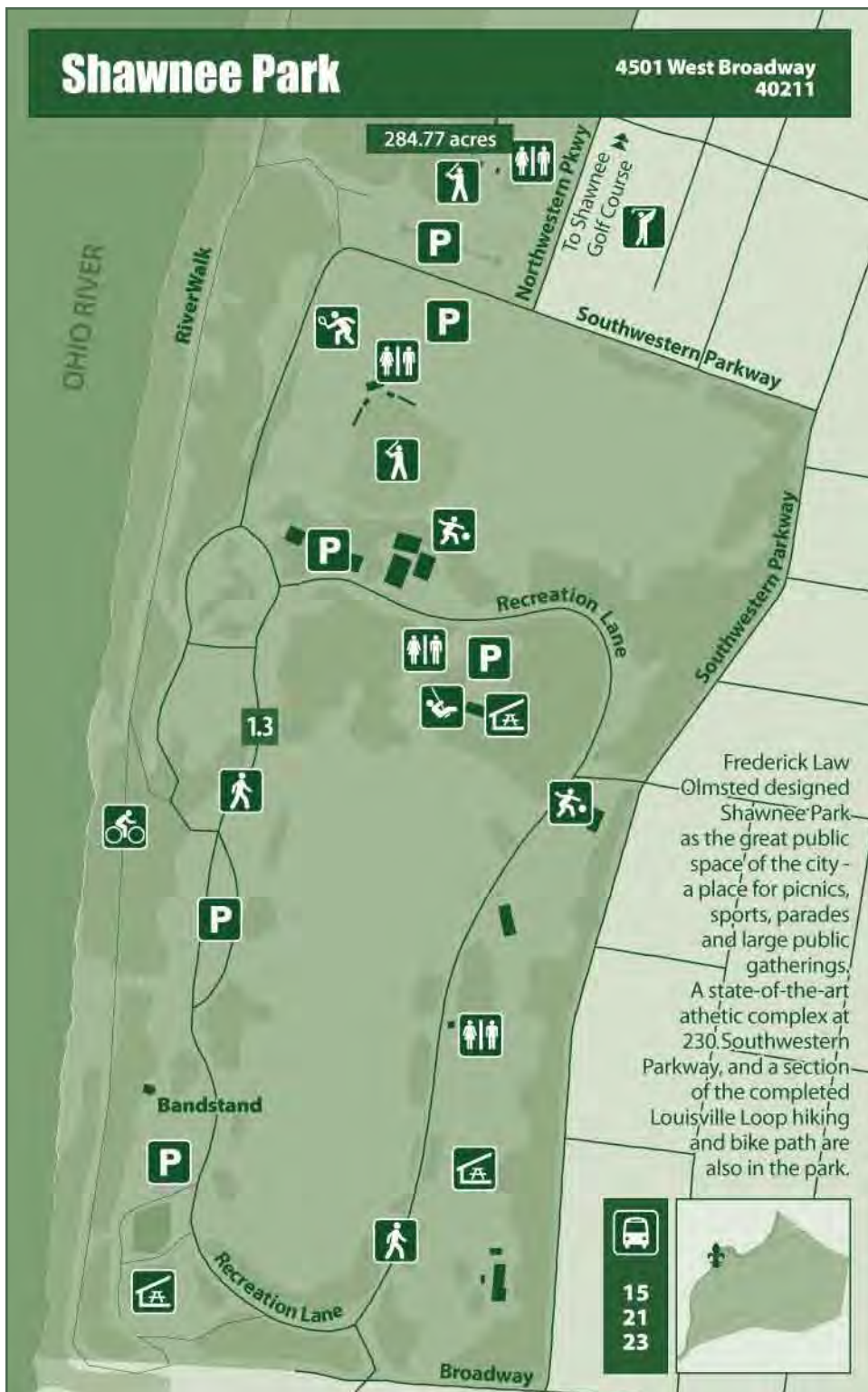
Trail maps are available online at www.memorialforest.com, or at the Welcome Center, 11311 Mitchell Hill Road.



Shawnee Park

4501 West Broadway
40211

284.77 acres



Long Run Park

1605 Flat Rock Road
40245

416.35 acres



Thurman Hutchins Park Carrie Gaulbert Cox Park

3734 River Road
3730 River Road
40207

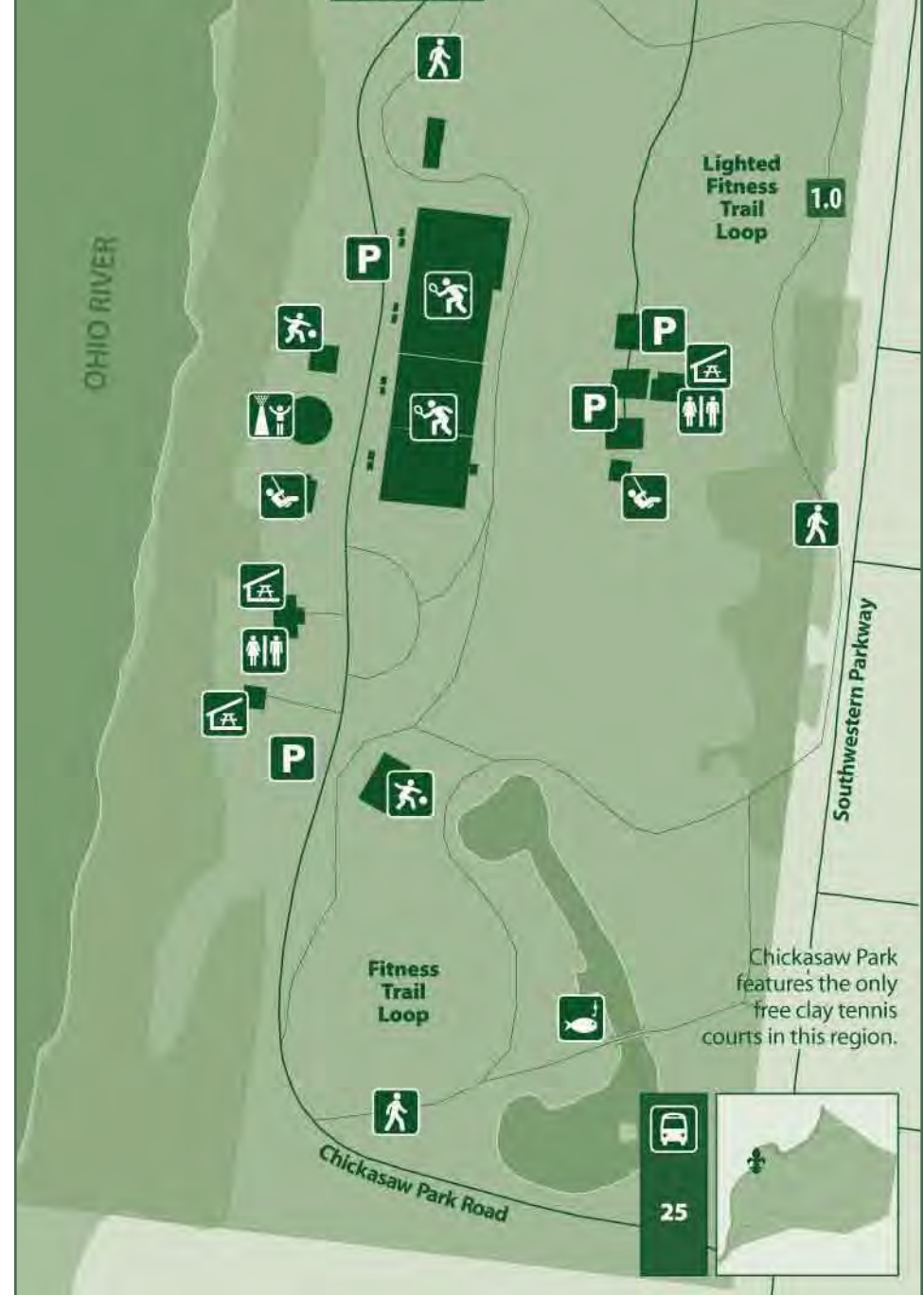
Thurman Hutchins • 65.11 acres Carrie Gaulbert Cox • 51.2 acres



Chickasaw Park

1200 Southwestern Parkway
40211

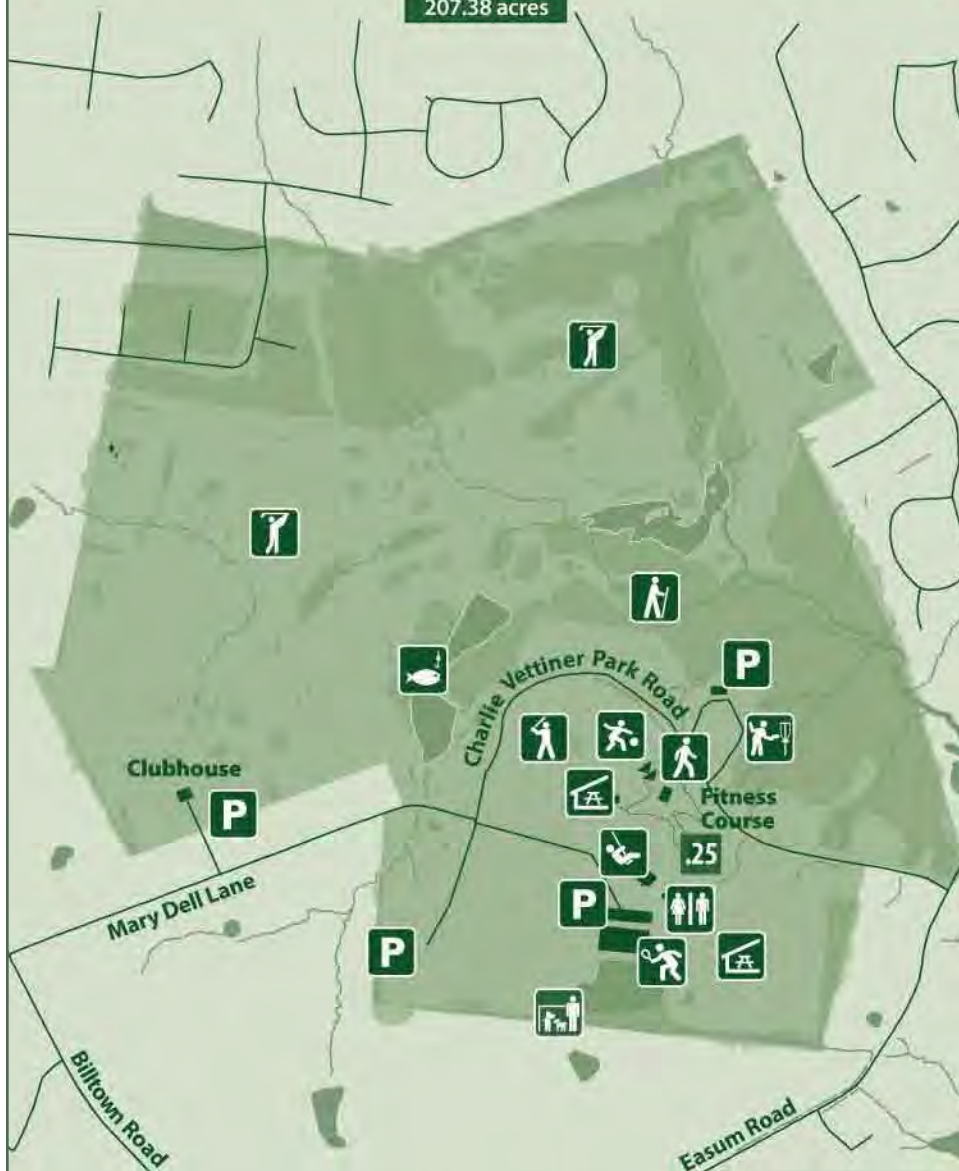
61.21 acres



Charlie Vettiner Park

5550 Charlie Vettiner Park Rd
40299

207.38 acres



Charlie Vettiner Park is a 207-acre park that serves Jeffersonton and surrounding neighborhoods. It includes an 18-hole golf course, a small fishing lake, tennis courts, playground, fenced dog run and a new 18-hole disc golf course.



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Paths and Trails

Metro Parks 18-hole golf course back nine paths are also walking trails, open weekdays from 6 to 8 a.m., before course play begins.

Cross Country

Champions Park
2930 River Rd 40206
3.1 miles

Joe Creason Park
1297 Trevilian Way 40213
3.1 to 6.2 miles

Seneca Park
3151 Pee Wee Reese Rd 40207
3.1 miles

Hiking

Cherokee Park ♦
745 Cochran Hill Rd 40206

Iroquois Park ♦
2120 Rundill Rd 40214

Jefferson Memorial Forest
11311 Mitchell Hill Road 40118
35 miles of trails, plus a paved disability-accessible trail. 368-5404

Hays Kennedy Park
7303 Beachland Beech Rd 40059
Trails in Garvin Brown Preserve managed by River Fields. 583-3060

McNeely Lake Park
10500 Cedar Creek Rd 40229

Charlie Vettiner Park ♦
5550 Charlie Vettiner Park Rd 40299

Waverly Park ♦
4800 Waverly Park Rd 40214

Walking and Exercise

Algonquin Park
1614 Cypress St 40210
0.25 mile, walking

Beargrass Creek Greenway ▼
2001 Lexington Rd 40206
1.33 miles, multi-use

Butchertown Greenway ▼
Brownsboro Road to River Road
0.5 mile, multi-use

Camp Taylor Memorial Park
4201 Lee Ave 40213
1 mile, fitness • .33 mile, walking

Cane Run Road Park
4816 Cane Run Rd 40216
0.75 mile, walking

Cherokee Park ▼
745 Cochran Hill Rd 40206
Baringer Path • 0.6 mile, multi-use
Scenic Loop • 2.4 miles, multi-use
Willow Pond • 0.375 mile, walking

Chickasaw Park
1200 Southwestern Pkwy 40211
1 mile, fitness

Carrie Gaulbert Cox Park
3730 River Rd 40207
1 mile, multi-use

Joe Creason Park
1297 Trevilian Way 40213
Park Loop • 1.5 miles, multi-use
Newburg-Illinois • .875 mile, multi-use
Field Loop • .75 mile, multi-use
Newburg Loop • 0.5 mile, multi-use

Des Pres Park
4709 Lowe Rd 40220
0.5 mile, walking

Fern Creek Park
8703 Ferndale Rd 40291
0.5 mile, multi-use

Flaget Field Park
4425 Greenwood Ave 40211
0.25 mile, walking

Highview Park
7201 Outer Loop 40228
0.25 mile, walking

Iroquois Park ▼
2120 Rundill Rd 40214
New Cut Rd Path • 1.6 miles, multi-use
Rundill Road • 3.5 miles, multi-use
Summit Hill • 0.25 mile, walking
Toppill Road • 0.5 mile, multi-use
Uppill Road • 1.5 miles, multi-use

Jefferson Memorial Forest
11311 Mitchell Hill Road 40118
Tom Wallace Recreation Area •
0.25 miles, walking

Hays Kennedy Park
7303 Beachland Beech Rd 40059
0.75 mile, walking

Klondike Park
3809 Klondike Ln 40218
0.33 mile, walking

Long Run Park
1605 Flat Rock Rd 40245
1.7 miles, multi-use

Ohio River Levee Trail ▼
Farnsley-Moreman Landing
to north of Riverview Park
6.5 miles, multi-use

Petersburg Park
5008 East Indian Tr 40218
0.35 mile, walking

RiverWalk ▼
Fourth St/River Rd to Chickasaw Park
Includes Chickasaw, Lannan and Shawnee Parks. Call 574-3111.
• 6.9 miles, multi-use

Roberson RunWalking Path
8205 Judge Blvd 40219
0.5 mile, multi-use

Seneca Park ♦
3151 Pee Wee Reese Rd 40207
1.2 miles, walking

Shawnee Park ♦
4501 West Broadway 40211
1.3 miles, fitness

Shelby Park
600 East Oak St 40203
0.6 mile, walking

South Central Park
2400 Colorado Ave 40208
0.33 mile, walking

Southern Parkway Bridle Path ▼
Western Side
2.6 miles, multi-use

Thurman Hutchins Park ♦
3734 River Rd 40207
0.9 mile, walking

Tyler Park
1501 Castlewood Ave 40204
0.125 mile, walking

Upper River Road Path ▼
Zorn Ave to Indian Hills Tr
1.125 miles, multi-use

Charlie Vettiner Park
5550 Charlie Vettiner Park Rd 40299
0.25 mile, fitness

Victory Park
1051 South 23rd St 40210
0.25 mile, walking

Watterson Lake
1714 Wheatmore Dr 40215
0.25 mile, walking

Wyandotte Park
1104 Beecher St 40215
.25 mile, walking

♦ Includes Mayor's Miles dots
♦ Includes unmarked trails
▼ Includes bike trails and/or paths



METRO Parks

Questions for Metro Parks?

phone • 502/456-8100

fax • 502/456-8111

website • metro-parks.org

email • parks@louisvilleky.gov



MetroCall
311

Connect to Your
Government Anytime

To report problems 24 hours a day.

Metro Parks on the Web

Visit **metro-parks.org** to find information and maps for all 124 local parks, along with our downloadable Recreation Guide, plus other information about the programs we offer through our community centers, swimming pools, golf courses and many other facilities.

Also look for Metro Parks on:

facebook

flickr

